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HOUSEHOLD CALENDAR

Making Jelly from Summer Fruits

An interview between Miss Ruth Van Deman and Mrs. Fanny Walker Yeatman, Bureau of Home Economics, delivered in the Department of Agriculture period of the National Farm and Home Hour, broadcast by a network of 48 associate stations, Tuesday, August 16, 1932.

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MISS VAN DEMAN: How do you do, Everybody:

Home methods of making jelly is our topic today. As many of you know, Mrs. Fanny Walker Yeatman is generally around when jelly making time comes on the Household Calendar. She's here today right over at the other microphone.

Two or three years ago Mrs. Yeatman and I wrote an article. We called it "The Jelly Triangle." No, we weren't trying to make it sound like a mystery story or one of these ultra-modern novels. We just wanted to bring out the three-sided chemical nature of jelly. For the perfect jelly must have pectin, acid, and sugar in the right proportions.

Fortunately a number of fruits grow rich in pectin and have enough acid, or a few tablespoons of lemon juice supplies the lack. Also by using one of the commercial pectin extracts you can make jelly from almost any kind of fruit. But today we are going to talk only about the fruits which are naturally good jelly makers.

Mrs. Yeatman, of the fruits now in season or still to come this year, which do you think make the best jellies?

MRS. YEATMAN: Well, first of all grapes -- wild grapes, (fox grapes, some people call them), and cultivated grapes like Concord and others of that type. Then there are quinces and crabapples ripening fast, and winter apples such as the Winesap. In some places there are still blackberries and Wild Goose plums.

Whatever the kind, select firm, high quality fruit for jelly making. And if possible take it slightly underripe.

MISS VAN DEMAN: Now, Mrs. Yeatman, will you give us just a few of the main points in jelly making, which you've found as a result of your experimental work? We haven't time to give the whole process.

MRS. YEATMAN: Well, for one thing, I make jelly in rather small lots. With grapes or apples, I cook up and extract juice from only about 8 pounds of fruit at a time. Then if I want to make a large quantity of jelly, I start more fruit cooking as soon as the first finishes dripping in the jelly bag. In this way, I carry the whole process through quickly.

Then, in cooking the fruit to extract the juice, I add no more water than necessary. In fact with very soft juicy fruits like red raspberries, I use no water at all.

(over)

MISS VAN DEMAN: Yes, Mrs. Yeatman, I believe that much of the trouble in home jelly making comes from adding too much water to the fruit. Jelly won't "jell" until it is concentrated to a certain point. So if the juice is too watery that excess water simply has to be boiled off sooner or later. And long cooking of jelly spoils the flavor and color, doesn't it?

MRS. YEATMAN: Yes, that is exactly right, Miss Van Deman.

Now, another very important point is using the right proportion of sugar to extracted fruit juice. With fruits like currants and crabapples which are exceptionally rich in pectin, I use 1 cup of sugar to 1 cup of fruit juice. With most other fruits, I get better jelly when I use only  $3/4$  cup of sugar to 1 cup of juice.

And if the fruit happens to be overripe, I add lemon juice. You remember I said I prefer to use slightly underripe fruit, but of course we can't always get it just that way. So whenever I use Concord grapes, or quinces, or raspberries and blackberries that are overripe, I add 1 tablespoon of strained lemon juice to each cup of the fruit juice.

MISS VAN DEMAN: Just when do you add that lemon juice?

MRS. YEATMAN: I'm glad you asked me that. Lots of people aren't certain just when to put the lemon juice in. I always add the strained lemon juice just as I combine the fruit juice and the sugar ready for boiling to the jelly test.

MISS VAN DEMAN: Now, I have another question. Is there any difference in cane sugar and beet sugar for jelly making?

MRS. YEATMAN: Not a bit. Repeated tests in our laboratory show that refined cane sugar and refined beet sugar are equally good for jelly making.

Now again let me emphasize that point about making up a small quantity of jelly in each batch. I generally use only 6 to 8 cups of juice and with the right proportion of sugar, this yields 12 to 14 glasses of jelly. That's an easy quantity to handle and it boils down in a very short time. Sometimes my crabapple or my currant jelly reaches the jelly test in less than 10 minutes.

MISS VAN DEMAN: What do you use as the jelly test?

MRS. YEATMAN: I still find the "sheeting off" test the most reliable. And by the way when you cook your fruit juice and sugar, boil it rapidly in a large, flat bottomed kettle. For the test, dip a large spoon into the boiling sirup, and lift up the spoon so that the sirup runs off the side. As the sirup cooks down it reaches a stage when it no longer runs off the spoon in a steady stream, but separates into two distinct lines of drops, which "sheet" together. Stop the cooking, as soon as the boiling sirup reaches this stage.

Then, let the hot sirup stand in the kettle while you lift clean jelly glasses from boiling water. Then skim off the film from the hot jelly, and pour it into the hot glasses carefully so that the jelly does not splash up or drip onto the rim.



Let the jelly stand until set -- for 12 hours or longer. Then seal the glasses well with melted paraffin.

MISS VAN DEMAN: Thank you, Mrs. Yeatman.

Next week, Miss Margaret Furry will be here to give advice about Removing Stains from Textiles. Goodbye for this time.

